

# Group Program Outline – Preparing for Success

## Preparing for Success

At the end of the session, participants will have reviewed:

### Wellness

- Impact of stress on the body
- Coping with and managing stress
- Defining wellness

### Chronic Disease Self-Management

- Physical, emotional, mental and social
- Health self-management skills

### Preparing for Change

- Motivators
- Barriers

### Goal Setting

- Create an action plan for change
- Steps to creating a goal
- Problem solving tips